


de Fysiotherapeut
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Self-management support

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Content

- Definition self-management & self-regulation
- Counseling skills
 - Planning
 - Action
 - Maintenance
- Summary



Definition self-management

Individual's ability to manage:

- symptoms
- physical consequences
- psychosocial consequences
- lifestyle change

Continuous process of self-regulation

Barlow et al. (2002)



Process of self-regulation

- Information collection
- Information processing and evaluation
- Decision making
- Action
- Self-reaction



Why would we want to support patient self-management regarding physical activity?

Relevant Problem:

- ± 50% = *physically inactive*
- Inactivity → a **heavy burden** of disease





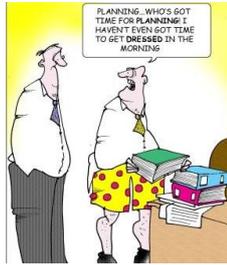
Why physiotherapists?

Health effect = number * contacts * efficacy * repetition

- Multiple contacts with clients
- Multiple opportunities ("teachable moments")
- Established evidence of efficacy of short interventions
- High credibility, highly used source of information



Yes, but.....we have no time



Than involve the patient more actively!!!!

OPTÉMA

Digital COPD intervention

Plan

- Realistic Goal
- Small Steps
- Short Trial 7days Period
- Self-monitoring
- Role-models
- Go Public
- Plan for Problems and Lapses



How to build an Action Plan

- Here is a MENU of options...
- What are you willing to DO?
- What or who might HELP?
- What PROBLEMS might arise?
- What will you DO until we next meet?



Action

- Patient makes changes alone
- Symptoms
 - Physical
 - Psychological
- New coping behaviors
- Take action to avoid old habits
- Seek rewards for new behavior



Action counseling

- Moral Support
- Log or Journal
- Role-model
- Frequent Contact
- Treat negative Symptoms



Maintaining Change

- Maintenance
- Behavior Modification
- Social Support - Role-Models
- Relapse Learning
- Follow-up

Maintenance Clues

- Humility
- Humor
- Honesty
- Experience
- Success and Failure
- Respect for Conditions of Relapse



Maintenance Counseling

- Self-monitoring
- Attend to cues and consequences of new and old behavior
- Address maladaptive thoughts
- New coping strategies for H.A.L.T.
- Use and become a role-model

Relapse

- Common, may be necessary
- Reframe as a learning experience
- Experience loss of control
- Learn pre-relapse clues
- Experience "relapse" thinking
- Cope with guilt and shame, "I blew it!"

Relapse Counseling

- Express Empathy
- Confront "stinking thinking"
- Explore Triggers to Relapse
- Plan for Different Coping Strategies
- Negotiate a New Action Plan
- Consider Referral
- Role-models
- Close Follow-up



Summary

- Use stage-specific counseling
- Change involves more than knowledge
- Relapse is a stage of change

Thank you for your attention



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